



MoveIt! Walk 2019

Agenda

- 8:30 – 9:30 Check-in
 - **Group Photo Opportunity In front of Tulips****
 - **Be sure to visit resource/vendor tables, kids' area, pet area, raffle table****
- 9:10 – 9:30 Dance for PD demonstration, Gretchen Jax, instructor
- 9:30 – 9:50 "Ask the Doctor", Dr. Danielle Englert, Movement Disorder Specialist
 - **Group Photo Opportunity In front of Tulips**
 - **Be sure to visit resource/vendor tables, kids' area, pet area, raffle table****
- 9:50 – 10:05 Pre-Walk Breathing/Stretching, Aminta St. Onge, Yoga instructor
- 10:10 - 10:15 Welcome and announcements
- 10:15 - 11:15 MoveIt! Walk begins with Sir Purr Leading the way
 - **Group Photo Opportunity In front of Tulips****
 - **Be sure to visit resource/vendor tables, food trucks, kids' area, pet area, raffle table****
- 11:25 AM Awards Ceremony
- 12:00 PM Closing Remarks

See you for the MoveIt! Walk April 2020!